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Beware the rise of day homes

SAFETY

Worker says some popups open to make ends meet



Jeremy Simes

For Metro | Calgary

A Calgary day home worker is urging parents to take extra precautions when selecting a care provider for their tots, as hundreds of popup day homes have littered the city since the economic downturn.

Viviana Pacheco, who's been operating a day home for more than 12 years and is a member of many day-home groups, says she estimates about three new day homes per community have popped up, resulting in hundreds city-wide since the economy worsened.

The issue with more popup day homes, Pacheco said, is that they largely offer a cheap, yet inexperienced fix for families who can't afford higher prices. Many people out of work also open up shop in hopes of making a quick dollar, she added.

"They offer these great prices and many think it's easy. It's not easy," said Pacheco.

who operates a private day home. "And then things happen and many aren't prepared to handle it."

Private day homes have also made headlines recently with deaths and alleged sex assaults. But Pacheco, who has also operated her day home as licensed, cautioned that bad seeds exist in both lots.

The problem, in part, lies with uneducated providers who are only in it for the short term until they can make money differently, Pacheco said.

The government doesn't keep a record of private day homes in Alberta, though there are 1,992 licensed day homes in the province.

To improve the system, Pacheco said the government should reinstate its free online, Level 1 training program for people looking to open a private home. The program, now offered at Bow Valley College, covers what Pacheco described as "the essentials."

"Some private homes don't have that education you used to be able to easily get," she said. "It's basic stuff that can get people through those frustrating days."

When interviewing day-home providers, parents should ask how long the caregiver plans to be in business and how long the day home has been offering the service, Pacheco said.

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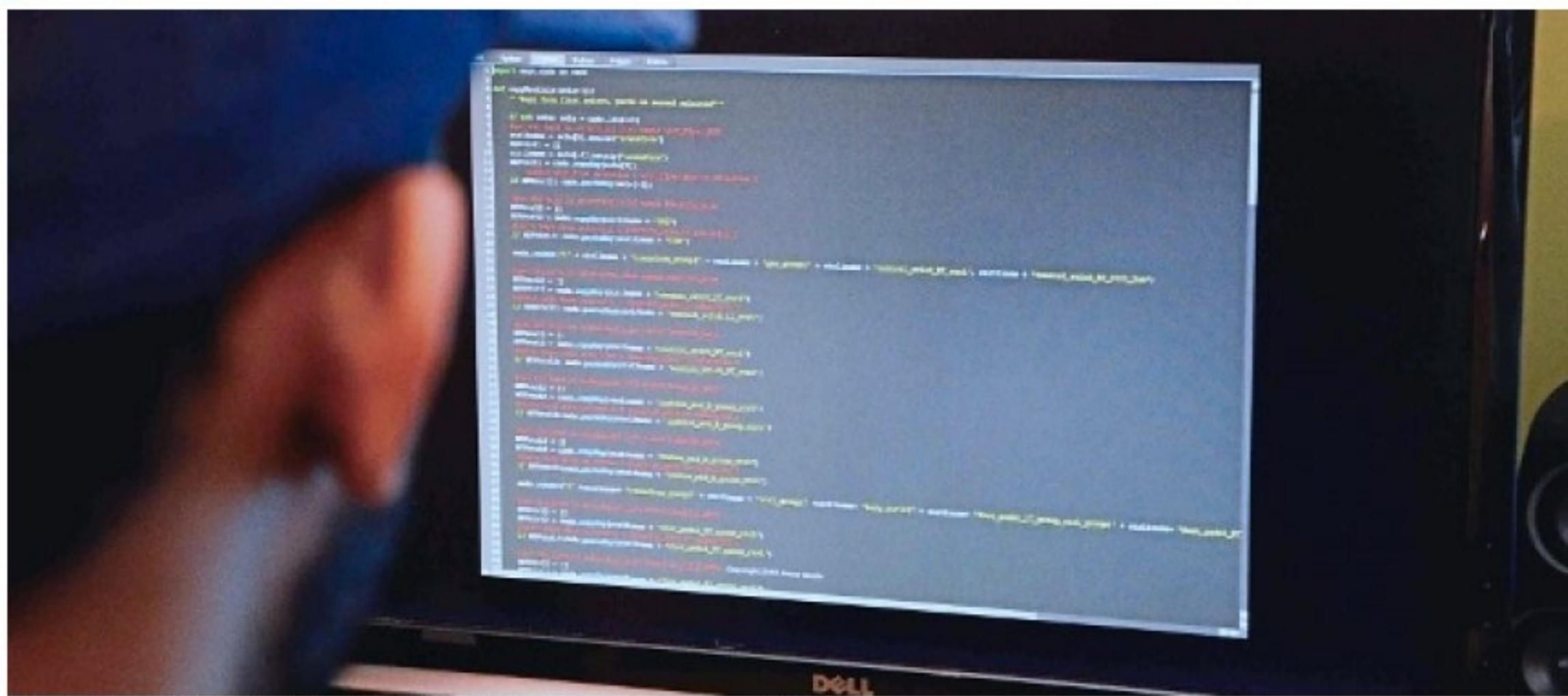
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Alberta Education is looking at adding coding skills to the new education curriculum. AARON CHATHA/METRO

Coding a new curriculum

EDUCATION

Computer pros explain programming benefits



On Wednesday, Education Minister David Eggen announced major overhauls to the K-12 school curriculum over the next six years — and he indicated coding

and programming may be added to student education.

"I love it. Calgary needs to be a leader in this trend," said Tony Grimes, organizer of the Pixels and Pints tech meet-up events. "The big gain is greater gender diversity in the technology sector. Little girls don't know they're not supposed to like computers. The sooner we get to them the better."

Eggen said the new curriculum will involve a large public consultation, meaning coding may not be added in for a number of years — but that doesn't mean kids who are in school now can't still learn vital skills

for the future.

Getting ahead of the classroom

"In the same way we learn English, Math and Science to establish a knowledge baseline, programming has become a fundamental skill to excel in the digital age," said Kylie Toh, founder of Chic Geek.

She recommends younger kids log into a web app called Scratch, to play around with coding to create games and simple apps.

Scratch is a free programming language developed by MIT to help students learn basic skills. They can move on to pro-

grammatic hardware, like MaKey MaKey, Little Bits or the very popular Raspberry Pi, which has been used by experienced pros to create anything from alarm clocks to virtual gaming machines.

For older students, she recommends learning HTML and CSS.

"It's an easy web language we interact with everyday," she said.

Calgary entrepreneur Dario Hudon-Verrelli said the city has a wide range of meet-up events,

many opening and welcome, to help diverse age groups learn and get a helping hand from experienced coders. Those include the aforementioned Chic Geek and Pixels and Pints — and MoMoYYC, a mobile app.

"From its ability to teach critical thinking and problem solving, to its creative potential, coding's multi-faceted potential for child development should place it at the forefront of educational resources," he said.

CRIME

Officials to fly in family of doctor



Jeremy Simes

For Metro | Calgary

Alberta's acupuncture college and the Chinese consulate general are working to fly over the family of a slain Calgary clinic owner so they can mourn their loss.

On Thursday around 2:35 p.m., police were called to the Perpetual Wellness Chinese Medical Centre, located inside a mall at 1623 Centre Street North, finding clinic owner Dr. Tiejun Huang dead and another two people with non-life threatening injuries.

Police said Huang was allegedly stabbed by Jin Qing Huang, who has been charged with one count of first-degree murder. At the time of the incident, the accused had been co-operative and calm with police. The victim and the accused aren't related, police said.

On Sunday, Paul Hu, registrar with the College and Association of Acupuncturists of Alberta, said Tiejun had been in good standing with the organization, and was well known for his knowledge in traditional Chinese medicine.

A woman, who police said had been in a relationship with the clinic owner, had also received minor injuries during Thursday's daylight knife attack.

Police said the accused is expected to appear in court on Monday, adding the incident marks Calgary's 11th homicide this year.

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5

THINGS TO WATCH AT CITY HALL ON MONDAY

Calgary city council has a busy day ahead of it Monday as its members work through a number of proposed bylaw changes. We've narrowed down five of the more interesting ones — but you can always check out the entire agenda online if that's your kind of thing.

1 **Calgary Transit Zero-Based Review**

The latest zero-based review of a city service — Calgary Transit — is going before councillors. This one has been controversial because it recommends contracting out certain janitorial services, and unions representing worker have gotten wind of the plan. Unions are asking workers to show up at the meeting to make sure their faces are seen.

2 **Green Line City Centre Alignment**

This has been added to the agenda at the last minute, and may not even be dealt with if two-thirds of council don't agree to its addition. The report from administration is asking council to keep pushing forward with land acquisitions. Administration is also asking for a September deadline to come up with a final recommendation for the Green Line route through the downtown. That could mean we'll know by the fall if the Green Line will run underground downtown.

3 **Returning Officer**

The city's long-serving returning officer, Barbara Clifford, has given notice of the retirement after 26 years in the position. Clifford oversaw eight municipal elections in that time, but she won't be sticking around for next year's election. The city is amending bylaws to appoint the city clerk as the new returning officer.

5 **Skate Ramps**

Coun. Evan Woolley launched a plan to allow for backyard skate ramps of a certain size to be built without a permit. His plan made it past the council committee on Community and Protective Services. The question is, will Woolley be able to land the bylaw changes or will they be slammed by a majority of council at the last minute?

4 **Payday Loans**

Council is set to pass a bylaw that gives city inspectors greater oversight of payday loan institutions. Once enacted, all payday loan offices in the city will have to post information on debt counselling at their entrance and in any office where transactions are done. Employees will also be required to verbally explain info from these signs to each customer.



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Makers build local movement

ACCESSIBILITY

Engineer helps improve lives of people living with disabilities

 **Jennifer Friesen**
For Metro | Calgary

It was an average night with an extraordinary outcome.

In December 2014, fresh off his final exams, Richard Lushai began scrolling through YouTube channels. It wasn't long before he stumbled across a video by Tikkun Olam Makers (TOM), an international not-for-profit movement that uses design, engineering and technology to solve problems for people in need.

"I was thinking, this is perfect," he said.

"Because they have to take on a person's challenge, it's going to make a real impact and they're going to see that impact within a very short time. That was a complete game changer."

Before the night was over, the mechanical engineering technology student hatched a plan to bring the maker movement to Calgary.

After securing some funding and pairing four innovative design teams with four people with disabilities, Lushai set the event to take place at the 2015 Maker Faire at Telus Spark. For 72 hours straight, the teams built the mechanisms to help

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Richard Lushai brought the global Tikkun Olam Makers event to Calgary in 2015 and is currently setting up for this year's make-a-thon in August. JENNIFER FRIESEN/METRO

those in need overcome their challenges.

From building a wheelchair that can traverse the snow for a three-year-old girl with Rhett Syndrome, to designing a lift for a woman with Parkinson's Disease so she could sit up in bed, the makers worked directly beside the person living with the disability.

The 2015 event in Calgary was organized by the youngest TOM organizers in the world, with the smallest (and least experienced) team made up of

students. But Lushai has never been one to shy away from a challenge, and by the end of the 72-hours, two of the projects succeeded in solving their subjects' accessibility issue.

"On a community level ... it shows those young students that what you do makes a difference, it makes an impact — you can change the world," said Lushai.

"It's a highly audacious thing to say 'change the world.' It's kind of crazy because the world is very big and you're a tiny person, but audacity is required."

And you need to understand that what you do matters."

This year, the second annual TOM Calgary make-a-thon is set for August 26, 27 and 28 at EGB Manufacturing Ltd. in Cochrane. And, while they have more experienced makers on the roster, the student element will remain.

Lushai hopes to have 10 teams organized this year, a feat he said would not be possible without his dedicated teammates.

It's a highly audacious thing to say 'change the world.' It's kind of crazy because the world is very big and you're a tiny person, but audacity is required. Richard Lushai

All of their time is volunteered for the not-for-profit, but Lushai said that after they see the solutions work for the people in need, "that makes it all worth it."

"It's actually a responsibility," he said.

"You know how to solve these problems, and this person needs that solution. So the need is there, the person who can solve the problem is there — we just need to bring them together. When that happens, it's very exciting."

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Father's SunDay

Dads were relaxed at Prince's Island Park this Father's Day, enjoying the beautiful weather with their families. Here's how some of them spent the day.



From left: Shreye, Betsy, Shryka and dad, Nermal.

The Bargas

Nermal Bargas got up early for church before heading to the park with his family to snap photos.

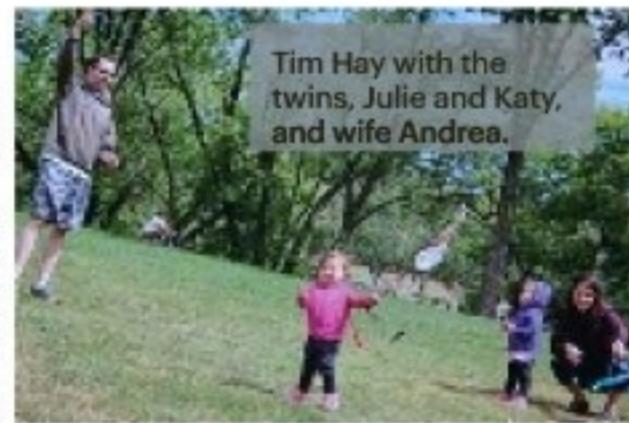
But he also received two lovely cards from his daughters, Shryka and Shreye, to celebrate the family's third Father's Day.

The Hays

Tim Hays' second Father's Day was a bit more active than the one last year.

"We just saw these kites and figured we would try them, but it's a little tricky," he said, noting the wind was a bit too gusty.

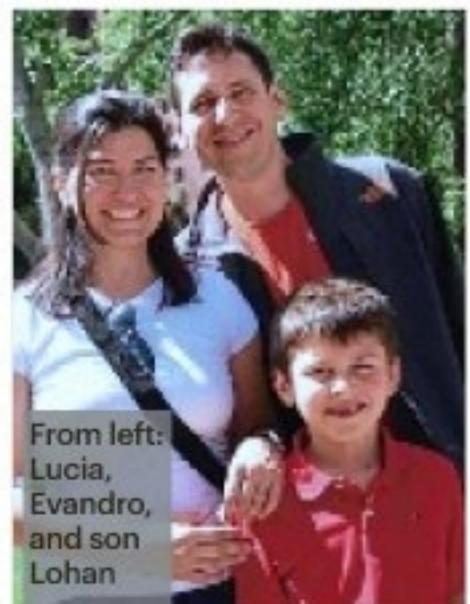
"It's nice to spend some time together," he said. "We don't always get the chance to do this."



Tim Hay with the twins, Julie and Katy, and wife Andrea.

The Longo-Miqueltios

ALL PHOTOS JEREMY SIMES



From left: Lucia, Evandro, and son Lohan

Evandro Longo-Miqueltio and his family were celebrating their sixth Father's Day together on Sunday, when they were about to walk along the river.

"We really like to come here," he said. "It's just nice to be together."

Longo-Miqueltio's wife, Lucia, said Father's Day means a lot to her.

"There is knowledge, learning, love and having a good time," she said.

Longo-Miqueltio's son, Lohan, said his dad is extremely important. "I like him," he said.

DATA MINING

City doing Moneyball-style financial analytics



Brodie Thomas
Metro | Calgary

It may sound like just another business catchphrase, but the city of Calgary's auditing department has already started 'data mining,' and it hopes to grow the practice.

City auditor Katharine Palmer gave a brief introduction on the new practice called Data Analytics in her first quarter report

to the city's audit committee. The city has reams of financial data being produced at all times.

"As we collect a lot more data, we need better ways of being able to analyze it," said Palmer.

Using specialized software, city auditors can write scripts that watch for problems or anomalies in a way that a human auditor never could.

"You can look at whole population instead of samples, which audits usually do," she said.

As an example, Palmer ex-

plained they might write a script that looks for duplicated payments to vendors — a common problem.

"This isn't something dramatically different than others have done in the past but it is a more efficient way to get a wider view of what's going on in an organization," she said.

Since December 2015, city staff have crafted 25 different scripts to look for problems or irregularities.

Palmer said the program right

now is focusing on financial data, but she sees no reason why the same programs and practices couldn't be adapted to other data coming into the city.

(Data mining) is a more efficient way to get a wider view.

Katharine Palmer

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Fear keeps minorities from gym

VIDEO

Cardiologist says women in hijab feel judged

Aaron Chatha
Metro | Calgary

Dr. Anmol Kapoor feels too many visible minority women are concerned about discrimination, to the point where it's affecting their physical health.

He was first clued in through conversations with his patients, many said they were afraid to even enter a gym — especially those wearing a hijab.

"They think people might look at them differently — they feel judged," Kapoor said. "They were afraid because they don't know how people would react, should they enter a gym."

He was especially touched when talking to a member of his staff, Ameena.

Ameena's sister once made it as far as the entrance of a gym, before changing her mind



The PSA, called First Step, has been viewed more than 500,000 online. COURTESY DIL WALK

and turning back.

So, with the help of a group of local videographers, he cast Ameena in a PSA about the issue.

The aim of the video, about a woman entering a gym wearing a hijab, is about encouraging women to take that first step.

"We have to give a voice to

these women," said Kapoor. "Let them know, don't hesitate, don't be afraid, get out, people will help you and support you."

As a trained cardiologist, Kapoor has seen these issues hold back women who already have heart disease and need to live a healthier, more active lifestyle.

If we're all the same inside, why do we have to feel discriminated against because of how we look outside.

Dr. Anmol Kapoor

"I've seen Muslim hearts, Sikh hearts, Hindu hearts. Hearts of every religion. They all look the same to me. Same chambers, same valves," he said.

"If we're all the same inside, why do we have to feel discriminated against because of how we look outside."

The video, called First Step, has racked up more than 500,000 views on YouTube, far more than Kapoor ever predicted.

"It's amazing. We didn't know it would be so well received," he said.

He hopes it will have a positive effect and empower women.

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Woman has long wait for specialist

HEALTH

Hospitals, family doctor couldn't do much to help

Jeremy Simes
For Metro | Calgary

Jeannie Stewart burst into tears Tuesday after learning there wasn't much the Peter Lougheed Hospital could do to ease swelling in her ankle.

Stewart, who's been recently experiencing swelling in her ankle and finger, is among many Calgarians possibly waiting months to see a rheumatologist, a specialist who treats pain disorders affecting joints.

According to Alberta Health Services (AHS), patients can wait 12 to 16 months to see a rheumatologist if they are considered moderate or routine. Patients who are considered to be in urgent need can wait



Jeannie Stewart says she didn't have the greatest experience with a doctor at the Peter Lougheed when he assessed her swollen ankle.

JENNIFER FRIESSEN/FOR METRO

about one month.

Prior to setting up a referral with her family doctor, Stewart said she rushed to the Peter Lougheed last week after experiencing excruciating pain due to swelling in her ankle.

"I was starting to feel not quite pins-and-needles, but it was at that point just before the pins-and-needles," she said.

"I just wanted to make sure the swelling wasn't compromising anything."

She said she waited about three hours in emergency to see a physician and, by the time the doctor addressed the swelling, she said he told her all he could do was a joint aspiration — a procedure that uses a syringe to drain fluid from joints — as there were no rheumatologists on hand.

Stewart said she declined the joint aspiration because it failed to alleviate pain in her finger when she had the procedure done about two weeks ago.

AHS said it has partnerships with local Primary Care Networks to provide care to patients with arthritis in the community, as it's an extremely broad diagnosis and can largely be safety managed by family physicians.

But Stewart said she wishes the hospital could have been more helpful by offering more than just the joint aspiration, adding her experience with the doctor wasn't the best.

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Fort Mac celebrates its newest citizen



Eli Danny Roy Mercer was born Friday morning. SUPPLIED

WILDFIRES

City welcomes first baby born since evacuation

Alex Boyd
Metro | Edmonton

The first baby has been born in Fort McMurray's hospital since the city was evacuated

in early May. Eli Danny Roy Mercer was born Friday morning at the Northern Lights Regional Health Centre weighing 6 pounds, 7 ounces.

Eli is the second child for Melissa Taylor and Steven Mercer, who say they're grateful he could be born in their home community.

"It was the deciding factor for us to come home, knowing that the hospital was back up and running," Taylor said, in

a press release from Alberta Health Services. "I didn't want to have my baby anywhere else."

Juanita Pilgrim, manager of the maternity/child unit, said the birth marks a return to normal for hospital staff.

"We're all caregivers, it's what we do. We're so glad to be back doing our jobs and able to support moms in labour and help bring babies into the world. Fort McMurray is our

home too," she said, in the same release.

Emergency services at the hospital resumed on June 1, and core regional health-care services, like obstetrical, pediatric and inpatient psychiatry services, followed two weeks later.

The hospital will return to providing full comprehensive services next week, and will start bringing long term care patients back on June 23.

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Rena Kozak performs under her stage name, Child Actress.

COURTESY RENA KOZAK

SLED ISLAND

Kozak's Child now maturing with age

Aaron Chatha
Metro | Calgary

played and recorded all the instruments. Although she works with a band, she still manages to retain creative control over her ideas.

She describes her music as pop, with a bit of post punk with a little retro dance pop thrown in — because The Cure is one of her biggest influences.

"Which is sort of an embarrassing influence to say, because everybody says that," she laughed. "But, it sort of comes out 80s pop sounding no matter what I do."

Kozak had always been a songwriter, but only then decided to put it all together.

"After Chris died, it was like, I wanted to have total control over the project," she said. "And I had the resources to have that control."

When she's not working on her own music, Kozak still plays a very big part of her life. She works as an audio engineer, recording live concerts, events and bands.

For Child Actress, Kozak also

will perform in the Sled Island festival, which starts on June 22. The five-day music and arts festival brings together more than 250 bands, comedians, film makers and artists and takes place in dozens of venues throughout the city.

Kozak will be playing the Local 510 at 6:30 p.m. on Thursday, June 23.

To see the full festival line-up and schedule, visit sledisland.com.



I wanted to have total control over the project.

Rena Kozak

LGBTQ

Pride prom creates safe space for students

School may be out, but Alisa Atchison has one more art project to complete. The 14-year-old from Surrey, B.C., will be spending her first weekend of the summer making a butterfly-themed mask to wear to her school district's first-ever Pride prom.

"I always thought that butterflies were really free ... and they're beautiful," she said. "I want to be free and beautiful as well."

Guildford Park Secondary

School's gay-straight alliance is hosting the inaugural district-wide dance on Monday evening to give LGBTQ students from different high schools a chance to meet, have fun and feel supported.

"Each student is on their own path and in a different place when it comes to self-acceptance, or being out or not ... and I think creating that safe space where you can just be who you are, whoever that is, is really, really important," said Guildford

Park teacher Heather Kelley.

The idea for a dance came from students who felt LGBTQ youth do not have enough opportunities to connect.

Typical dances and events, which are exclusive to students from the same school, can feel limiting to queer students whose network of friends extends beyond school borders, Kelley said.

Having a district-wide event gets rid of the barrier and allows students to bring their dates and

friends from other schools. And that includes students outside the LGBTQ community.

Yu Takahashi, 14, who volunteered to make decorations for the event, said she got involved because she sees herself as an ally.

"If I don't respect them or just reject them, they're going to feel uncomfortable and I don't feel that's right for this school or this community," Takahashi said.

THE CANADIAN PRESS



Alisa Atchison, 14, says she hopes Surrey's first Pride prom encourages more students to support their peers who identify as LGBTQ. LINDA GIVETASH/THE CANADIAN PRESS

Scrutiny for pension plan

RETIREMENT

Feds seeking to expand program

Kent Peterson would forgive anyone who might think he's got nothing to worry about when it comes to his retirement — or, for that matter, what happens to the Canada Pension Plan.

After all, the 27-year-old has a unionized, full-time job with the Saskatchewan Federation of Labour. Most folks would likely assume he has a robust workplace pension plan to help him save for his golden years.

Except he doesn't.

"I'm relying solely on the CPP," Peterson admitted in an interview. "I've envisioned my retirement, and it's not happy and rosy, to be honest with you."

Peterson will be watching the outcome of meetings Sunday night and Monday as the country's finance ministers try to hammer out a preliminary

agreement on an expanded Canada Pension Plan — one that's likely to include higher benefits and an increase in the premiums that come off the paycheques of workers.

One central issue: whether to impose an across-the-board change on all workers and employers, or to more selectively target those Canadian workers who are the least likely to save.

Federal research has suggested the latter group tends to be under the age of 30, earns between \$55,000 and \$75,000, and either doesn't save enough or lacks access to a workplace pension plan.

The federal and provincial governments are looking at a possible increase in the \$55,000 cap on annual maximum pensionable earnings, which would result in both higher premiums and increased pension benefits.

Don Drummond, a professor of policy studies at Queen's University in Kingston, Ont., said he believes the current cap is too low.

THE CANADIAN PRESS

\$45B

Total contributions to the Canada Pension Plan in 2015

\$38.7

Total benefits paid out to eligible Canadians in 2015

5.3M

Total CPP beneficiaries in 2015

\$1,092.50

Maximum monthly benefit payout in 2016

\$19.97

Maximum monthly benefit payout in 1967

\$1.3B

Cost to operate CPP in 2015

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65.3 MILLION

This is the number of displaced people around the world — almost twice the size of the Canadian population.

TOP HOSTS

1. Turkey **2.5 MILLION**
2. Pakistan **1.6 MILLION**
3. Lebanon **1.1 MILLION**
4. Iran **979,400**
5. Ethiopia **736,100**
6. Jordan **664,100**

WHERE ARE THEY COMING FROM?

54%

Of refugees come from these three countries



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That number is the highest since the Second World War, despite a slowing rate of increase, a new report from the United Nations Refugee Agency says. If the entire population of refugees and migrants were a country, it would be the 21st largest in the world, the report says. The numbers, and the stories of those affected around the world, paint a harrowing picture. **METRO**

CHILDREN

98,400

This is the number of unaccompanied or separated children. This was the highest number on record since UNCHR started collecting such data in 2006.



51%

The percent of the displaced population in 2015 that were children below 18 years old



On average 24 people were displaced from their homes every minute in 2015



Ifara and Ismael

Central African refugee Ifara Antoinette, 41, attempts to comfort her one-year-old baby boy Ismael shortly after he was tested for signs of malnutrition. Thousands of refugees from the Central African Republic are gathered in an encampment on the banks of the Oubangi River in Gbanga spontaneous site in Equateur province, the Democratic Republic of Congo. B. SOKOL/UNHCR



Rule — a Daesh survivor

Rule, a Yazidi woman who was kidnapped by Daesh, pictured in a northern Iraq camp. She and her two grandchildren were released in January 2015. Her 35-year-old daughter is still being held, and is believed to have been taken to be sold in Raqqa, Syria. She raised her daughter as a single mother, after her husband's death in the Iran-Iraq war 34 years ago. A. MCCONNELL/UNHCR



Haqmal the young scholar

This is Haqmal (centre), a six-year-old returnee from Pakistan, and his friends. He attends the Ansarul-Momineen School in Kabul District, Af-

ghanistan. Haqmal says he loves school. "Writing is my very best subject," he says. "I love cricket. I used to play cricket all the time in Pakistan." UNHCR



Ziad — struggling to stay warm

Syrian refugee, Ziad, 45, and his children, Tarek, 6, Mustafa, 7, and Hamzi, 3, look out from their shelter while trying to find warmth, in the Bekaa Valley, Lebanon. "We

live in this tent out of necessity," Ziad said of the tent's conditions ... We are trying to keep warm but as you can see we don't even have wood to burn." UNHCR



Maribeth the dancer

When Maribeth Palacios was seven years old, armed guards killed her mother and sister. She fled and has never returned to her home town. She now works as a cook and traditional dance teacher in Florida. HELENA CHRISTENSEN/UNHCR

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Mekia Thomas, 7, signs one of the 49 crosses at a makeshift memorial outside Orlando Regional Medical Center on Sunday. The crosses were erected by an Illinois man to honour each of the victims in the Pulse massacre.

JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

Survivors worry about what's next

ORLANDO SHOOTING

As funerals wrap up, grief and anger remain

A week has passed since the Orlando nightclub shooting that killed 49 club patrons and the funeral processions are wrapping up, but survivors and victims' families say they realize the nightmare will live on long after the world's attention fades.

Jeannette McCoy made it out of the Pulse nightclub alive on June 12 as gunman Omar Mateen continued a shooting that also wounded and maimed 53 others before he died in a hail of police gunfire.

McCoy said the love and support can only do so much to help. It's a temporary balm, she said, and she worried that while life may return to normal for some people after the world's attention moves on, it won't for Orlando's LGBT community.

"All of this has been so traumatizing," she said. "The way that our community has been impacted, it's just so unfortunate. We have so many wonderful lives that have been lost. When we look at all these crosses, and all these faces, all these stories, it hurts. It hurts so much."

On Saturday, across from

Cathedral Church of St. Luke, where Christopher Andrew Leinonen's funeral was held, hundreds lined the street holding "We Support You" and other signs.

Brandon Wolf was with the 32-year-old Leinonen and shooting victim Juan Ramon Guerrero at Pulse. The 27-year-old Wolf managed to make it out alive.

He says Leinonen, whom he called Drew, changed his life, and eased his pain when he was hurting.

"He looked me in the eyes that night and did what Drew always did, he said, 'I love you,' Wolf said. "That is Drew's last message to us, 'I love you.'"



When we look at all these crosses, and all these faces, all these stories, it hurts.

Survivor Jeannette McCoy

Investigators are still interviewing witnesses, and looking to learn more about Mateen and others who knew him well. A lawyer for the Council of American-Islamic Relations said that the FBI on Friday interviewed a man who worshipped at the same mosque as Mateen.

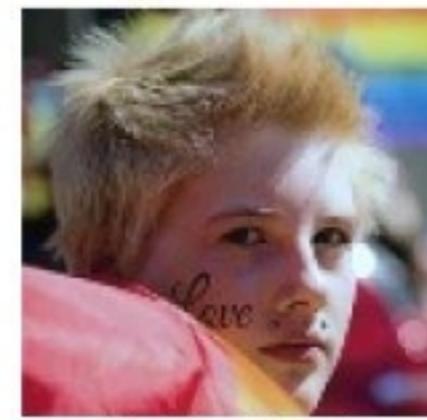
THE ASSOCIATED PRESS

ACROSS THE U.S.

Pride events proceed with extra security

People in wheelchairs, walking on stilts and riding rainbow-decorated motorcycles turned out for gay pride events over the weekend, including participants in a Denver parade who carried posters of the names or faces of the victims who died in last weekend's attack on a nightclub in Florida.

About 2,000 people took part in Denver's PrideFest parade through town to Civic Center Park on Sunday as hundreds lined sidewalks. Crowds esti-



Em Whitwell, 14, joins the PrideFest rally in Boise, Idaho, on Saturday. THE ASSOCIATED PRESS

mated at several hundred thousand attended a two-day festival in front of Denver's city hall.

Security was tight at events over the weekend. In Denver, authorities set up security fences, bag checks, and police rode Segway scooters and walked with bomb-sniffing dogs.

Organizer Debra Pollock said in past years, the festival area was fenced in overnight, and when parade-goers arrived, they threw open the fences and people swarmed in for dan-

cing and other performances.

"This year, they have to go through security," Pollock said.

Other festivals and parades went ahead Saturday under increased security in cities such as Chicago, Columbus, Ohio, and Providence, Rhode Island.

No serious problems were reported at gay pride events across the country, but the mood for many people was sombre. A small number of anti-gay protesters also showed up. THE ASSOCIATED PRESS

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TRADE

Analyst sees U.S. imposing at least 25% duty on lumber

Canadian jobs and sawmills across the country are increasingly at risk because of fading prospects they will avoid a new round of U.S. duties on imported softwood lumber, according to an industry analyst.

RBC Capital Markets analyst Paul Quinn says he expects the United States will impose duties of at least 25 per cent in mid-



Sawmills across Canada could shut down if the U.S. imposes a duties on softwood lumber, an analyst says. THE CANADIAN PRESS

2017 and that will put pressure on Canadian producers.

"There'll be mills shut right across Canada because nobody's making the kind of money that

they'd have to pay in the duties," Quinn said.

He expects five mills to be affected in British Columbia.

Quebec-based producer Reso-

lute Forest Products said jobs would also be at risk if Canada accepts a U.S. proposal that would put a 24 per cent quota on Canadian imports.

"We don't have a big enough market in Canada to sell our product and so what ends up happening is there is a greater risk of capacity having to be closed," said spokesman Seth Kursman.

The company, which operates about 20 sawmills in Canada, believes the federal government should push for free trade because Quebec's forestry system is now market-based and Ontario subsidies are inconsequential. THE CANADIAN PRESS

CLOTHING

Japan's Uniqlo eyes the top apparel spot

Two Uniqlo stores are slated to open in Toronto this fall, one at Toronto Eaton Centre (TEC) and one at Yorkdale Shopping Centre. Dates have not been set, but construction is well under way on the two spaces.

The stores will carry a full line of Uniqlo products, including men's, women's and childrenswear.

Toronto is the perfect launch pad for the brand in Canada, says Yasuhiro Hayashi, Uniqlo's chief operating officer in Canada, citing research conducted by the company. It's multicultural, multi-ethnic and fashion-minded, he adds.

"In Toronto, everyone has their own style," he says. "People are trying to express themselves, whereas 20-30 years ago, they wanted to look like someone in a magazine," says Hayashi. It's good news for Uniqlo, which wants to pro-



Uniqlo Canada COO Yasuhiro Hayashi says Toronto is the perfect launch pad for the brand in Canada. TORSTAR NEWS SERVICE

vide basics to build upon.

The stores were announced last winter as Target was circling the drain in Canada, after entering the market with an ambitious 124 locations.

At 28,000 square feet and 24,000 square feet respectively, the Uniqlo stores are five times

the size of the Muji store that opened nearby in November 2014 to hoards of shoppers waiting patiently for the opportunity to spend their money on Japanese minimalist homes.

But the stores are much smaller than the neighbour-

ing competitor it hopes to one day beat, H&M, which operates across 57,000 square feet at TEC.

Uniqlo's parent company, Fast Retailing, has declared it wants to become the world's leading global apparel company. According to its own data, it is currently in fourth place, behind Inditex (Zara), based in Spain, Hennes & Mauritz (H&M) in Sweden and Limited Brands in the U.S., which operates a stable of brands including Victoria's Secret.

Almost uniquely, Uniqlo does not target a particular market. There is no talk of millennials or gen Z or boomers or lack of them during the short luncheon meeting.

Uniqlo clothes are meant to be worn by everyone. Uniqlo collaborates with designers and celebrities to produce limited edition collections.

TORSTAR NEWS SERVICE

AIRPLAINS

Boeing working on deal with Iran worth billions

Boeing Co. is negotiating a deal to sell 100 airplanes to Iran, state-run media reported Sunday, a sale potentially worth billions that would mark the first major entry of an American company into the Islamic Republic after last year's nuclear deal.

Chicago-based Boeing declined to discuss details of the talks or the figure of 100 planes, attributed to Ali Abedzadeh, the head of Iran's Civil Aviation Organization.

Regulatory hurdles and U.S.

sanctions that remain in place after the nuclear agreement could complicate the deal. Despite efforts by the U.S. State Department to encourage trade to Iran, many American firms remain worried about the legal and political ramifications of any agreements with the country.

The state-run IRAN newspaper quoted Abedzadeh as saying negotiations took "several stages" and final figures and terms had yet to be reached.

THE ASSOCIATED PRESS

NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

Melanie Azure Cook

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You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

URBAN ETIQUETTE **ELLEN VANSTONE**



Dear Ellen,
I am a cautious cyclist and obey all the rules of the road. But I recently nearly got doored when a cab pulled into the bike lane and the passenger opened the door to get out. I stopped in time, with my front wheel touching the inside of the car door. The passenger was surprised but nobody got hurt. I was in a mild state of shock and kept going without saying anything. Then I heard the cyclist behind me pull up and start screaming and swearing at the cab, which was also upsetting. My question is: Should I have said something? How do you effectively and politely tell the offending motorist what's what?

Signed,
Cathy

Dear Cathy,
Your letter makes me love Canada, for where else could a law-abiding citizen be as upset about public profanity as with almost being killed?

The fact is, getting doored is extremely upsetting, but it can also be shocking and sometimes physically dangerous for the car driver or passenger — which can give some satisfaction to some of us. In general, in the aftermath of near-dooring, you needn't feel bad about riding off without saying anything. There are precious few times in life when a person is entirely in the right and entitled to some sharp words with someone who is entirely in the wrong, but if in the moment you choose for whatever situational, spiritual or emotional reason to believe that the door-opening party has experienced a highly teachable moment and is unlikely to repeat the mistake, with or without a verbal dressing-down from you, you're certainly within your rights to invoke the no-harm-no-foul principle.

But close shaves with cabbies might require extra cor-

THE QUESTION

While cycling, I almost got doored by a passenger in a cab. I decided not to say anything, but the cyclist behind me went ballistic on my behalf. Should I have engaged the offenders? How does one do that politely?



© Ani Castillo

rective action. Cab drivers, of all people, ought to know the hazards cyclists are subject to. And, as drivers responsible for the safety of their passengers, they should always check the curb lane for two-wheeled traffic before allowing their charges to exit. As for those who fail in this regard, even to the point of pulling into a dedicated, delineated bike lane to disgorge a human being into the paths of hurtling cyclists — well, screaming and swearing are unlikely to educate such selfish, oblivious boos, but I wouldn't blame any upset cyclist for trying anyway.

I myself prefer to inflict a different kind of torture to offending drivers. Any time a car cuts me off, nearly doors me or startles me with honking, I deliver a long, extremely polite lecture, in very simple language, as if I were speaking to an exceptionally stupid

alien from a planet without bicycles. I find this to be a relaxing exercise that always helps to take the edge off my anxiety after someone has almost killed me.

Sometimes the exercise is more exercising than relaxing, as when, in order to deliver my helpful lecture, I have to chase the car for a block or two, then circle around to the front of the vehicle to trap them at a light, or block the driver door if they've pulled over to park. Once, when I was younger and fitter, I chased a pickup truck for at least a kilometre, and managed to catch up and confront the driver as he was getting out of his vehicle. Boy was he surprised. In fact, when I politely started to ask him why he'd almost run me over, he started screaming and swearing at me. Actually, as he started to advance on me, it was lucky

I was still on my bike so I could ride away before he had time to reach me on foot or get back into his over-amped truck and chase me.

Looking back, I now see that risking my life a second time in a bid to educate a driver might not have been the wisest thing. And I probably contributed to his almost running over any number of cyclists after that.

Actually, Cathy, I think your riding off without a word was the right thing to do. Thankfully, the majority of drivers are careful and responsible around cyclists these days, so when you encounter a bad one, it's probably best to leave quietly and in one piece while you still can.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD



Even by the standards of jargon, 'deep dive' is as shallow as it gets

Finance Minister Bill Morneau, rest assured, has this housing marking crisis under control. You can tell by his evocative language.

"We're making sure that we have a deep dive into the information to ensure that any considerations we have for change are evidence-based," he said this week.

Deep diving is now de rigueur, it's en vogue, it's reached new heights. In the space of a day of radio broadcasting, one reporter noted medical students taking a deep dive into HIV and AIDS policy and a listener to a call-in show talked of a deep dive in post-secondary funding. And the New York Times published a recent "Deep Dive Into Benjamin Zander's 'Shining Eyes.'

Everywhere you look, people are strapping on the intellectual scuba gear. Online slang dictionaries peg the earliest metaphoric, non-aquatic use of the term to 2009. Katherine Barber, founding editor in chief of Canadian Oxford Dictionary, hadn't yet had the pleasure of encountering this slang when I called her up last week, but it didn't take too long to confirm its soaring status.

"Yes, it is increasing in frequency in use," she said, after consulting the Corpus of Contemporary American English. "It is a buzzword, isn't it?"

Most of the recent mentions were from news reports, she noted, though we both

agreed it sounded like a business term (run amok, I added).

And, of course, it's apparently already over.

The business website The Muse dubbed it a word to stop using way back in 2013: "Do you need a wetsuit for that? Why use such a metaphorical phrase when you could just say you'll investigate something?"

My thoughts exactly. Deep diving reeks of trying too hard to sound down with the lingo, and already sounds cliché. In this era of quick hits and hot takes, to promise a "deep dive" is to immediately raise suspicion about the dive's true depth. What are you doing the rest of the time, Mr. Morneau? Shallow diving with a snorkel?

Barber is kinder to deep diving than am I. "It's very evocative, right? You have an image of your head of the scuba diver going way, way down to the bottom of the ocean to look at things."

Of course, she's right. A deep dive is far more cinematic than a close look. It might work in a boardroom, where people are always circling back, working on a go-forward basis and executing actionables. But as language that's supposed to assure me we're serious about addressing the 37 per cent jump in Vancouver home prices in just the last year, for example?

I'd rather, Morneau, that you simply investigate.

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Workout for fighting White Walkers

HEALTH

Game of Thrones trainer offers tips for staying fit

Kit Harington's trainer knows nothing of Jon Snow.

That's because celebrity fitness expert Dalton Wong doesn't watch Game of Thrones, the HBO drama starring his client.

Though several actors from the popular fantasy epic work out at the Victoria B.C.-bred trainer's U.K. studio, Twenty Two Training, Wong doesn't care whether they defeat the White Walkers or "always pay their debts."

"People ask me a lot of questions about (the show), and I truthfully say 'I don't know,'" he says.

Wong is concerned about whether his Game of Thrones clients choose vodka-water or a pint of beer at their next A-lister party. Choosing the former is among the many fitness and nutrition tips Wong lays out in his new book *The Feelgood Plan* (Sterling Epicure: \$24.95), written with his client Kate Faithfull-Williams, a health and fitness writer, and featuring a forward by Academy Award-winner and Wong's client Jennifer Lawrence.

What inspired your new book?

It's 20 years of what I've been doing, teaching people how to live a healthy lifestyle. Why people like Kit (Harington) like coming to see me is I teach them those other things that



Trainer Dalton Wong, seen left with Kit Harington of Game of Thrones, took reporter Jonathan Forani (above) through a Game of Thrones workout. TORSTAR NEWS SERVICE

people don't really talk about — like how to go to an A-lister party, how to go to the pub, how to drink, how to go out.

What's a celeb tip for going out?

When you go to a pub, don't drink pints, drink bottled beer.

Why is that?

It's portion control. Most diet books tell you "Don't drink and don't eat chocolate." Come on, these guys are Hollywood stars. They want to go and have fun. My thing is to tell them: here's what you

can and can't have, go out and have fun, make sure you're back to work and back to the gym. With that approach, you'll still look good and you'll still feel amazing.

What are some celebrity rules for eating out?

For them, if they're going out drinking, I never let them go out on an empty stomach. If they're going out to eat and they're drinking, they will probably eat a little bit less so they can have a bit more fun. If they're going out drinking, they would have clear spirits

like vodka rather than whisky or rye.

Is that the celebrity drink of choice?

It's just really low calorie. What I like to tell people is if you're out and you have something very clear, no one can tell if it's sparkling water or not.

Let's talk food and the gym. Can you ruin a workout with a pizza?

Yeah. Or you go to the gym and you haven't eaten anything beforehand (mimics

struggling to lift weights) — it's pointless. Lots of people put so much emphasis on the exercise and not about the food.

Should you eat before you go to the gym?

It depends. I don't. I can have a green drink and a coffee, and I don't. That's just my personal preference and I don't lift very heavy weights. If you want to lift heavy weights you do need some fuel in that gas tank. But it's not using Red Bull or (energy supplement) creatine.

TORSTAR NEWS SERVICE

THE MOVES

Reporter Jonathan Forani met with Wong to try what the Star has dubbed the Game of Thrones workout he designed for Harington. The routine features plenty of torso-twisting, similar to movements Harington might have to do on the show.

Here are a few of the exercises:

Bridge lift

On your back, with feet flat on the ground, legs in a 90-degree angle, lift the hips up towards the ceiling until the body is straight. Repeat this motion for one minute, then hold it in the bridge position for one minute.

Side to side

Then, with feet and back flat on the ground, legs in a 90-degree angle, keep the knees together and move them side to side all the way to the ground on the left and then the right. Repeat this motion 10 times.

Lunge walks

Crouched down, hands on the floor, with the left leg ahead and the right leg behind, push the left knee out, stretching the groin. Step forward with the right leg, pushing out the knee with your right elbow. Do 10 steps.

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Gail Vaz-Oxlade
For Metro Canada

One of the pleasures of going on a book tour is the people I get to meet.

Let me introduce you to Jane who I met on my recent trip for my latest book, *Money Talks*. (Jane isn't her real name, you know that.)

So Jane walked up to me, eyes sparkling, a huge grin on her face. "You saved my life!" she says very matter-of-factly.

"You exaggerate," I grinned at her.

"Only a little," she smiled back at me. "Because of you I saved \$40,000 in two years so I could buy a home."

"Wow!" I said, very impressed. "How'd you do it?"

"The first thing I did was quit smoking," replied Jane.

"I watched you flush that guy's cigarettes down the toilet a bunch of times and then I did it."

Jane saved just over \$7,000 in two years just doing this.

"I opened up a savings account and called it 'Not Smoking' and every week I moved the equivalent of what would have gone up in smoke into savings."

What else did Jane do? She started to carpool with

a couple of friends.

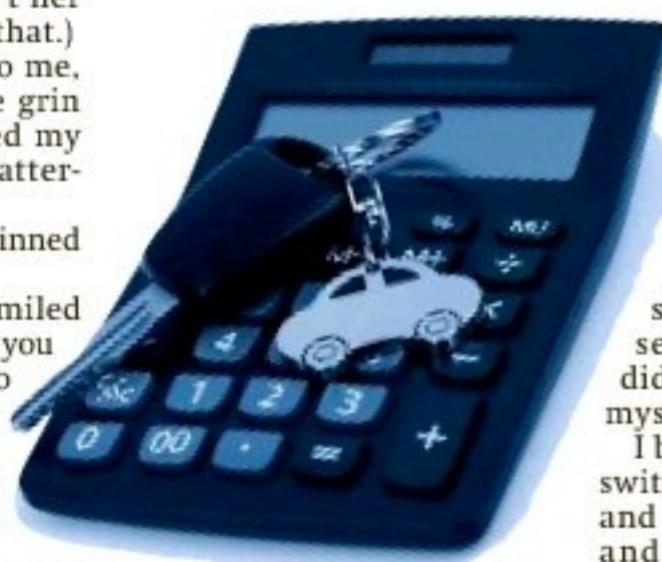
"And I started making my trips really count by doing all my errands at once.

"I figure I was saving about \$25 a week in gas alone never mind the maintenance on my car."

Then when Jane's car payment ended, she channeled the money from the car payment into her savings.

"I was spending \$372.27 a month on my car loan. So I opened up another account and called it 'Car Savings' and ended up with \$9,450 in it."

Were there any downsides to her rabid savings plan?



Yup. There wasn't a lot of going out. And because she took in a student as a roomie, there also wasn't a lot of privacy. Was it worth it?

"It sure was. My roommate saved me \$400 a month on my rent. And I saved about \$270 a month on entertaining myself and my daughter, Julia, at home."

"Let me guess," I said, "another savings account."

"Yes ma'am," said Jane. "How much?"

"\$6,880."

"You're still a long way off \$40K," said I.

"Not so long" said Jane. "I had some help."

"Mom and Dad?" I asked.

"Everyone I know," she laughed. "I told anyone who would normally give me a present for my birthday or for Christmas to give me \$20 instead to help me get the best present ever: a home of my own."

Another account?

Yup.

"I have wonderful parents who really wanted to help. My father had a huge garage sale and added it to my House Savings account."

How much? \$1,200 in two years. Nice family and friends!

"How'd you come up with the rest?"

"The usual: I only shopped for Julia in second hand stores and didn't buy very much for myself."

I brown-bagged it at work, switched from coffee to tea and stopped buying books and renting movies. We spend every Saturday at the library. It's entertainment and we get to bring home stuff."

"Well done," I said.

"Thanks," she smiled. "I couldn't have done it without you."

Actually, she could have, but I was glad to have helped.

For more money advice, visit Gail's website at gailvazoxlade.com

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'Overall, welding is an artistic trade'

WHY I LIKE MY JOB

Emily Vickers, 26, Pipe Welder/Welding Inspector at Westlake Industries, Burlington, Ont.

I always knew I wouldn't have a traditional job, and when I started welding I thought, 'This is it!'

At the age of 22, I researched where the jobs were before I decided what I wanted to be. I decided to enrol in a year-long welding course at a private trade school. I had never worked with tools before, but the program helped me prepare for government-regulated tests in structural beam welding and simple piping.

Currently, I am responsible for welding process piping for stainless, carbon and chrome pipelines. It is my duty to make sure all pipes are rigged and welded seamlessly to be deemed safe for use in the field.

I see more women getting into the welding industry each year, which I find very exciting. In my experience, women often have a better eye for detail and, dare I say, make the better welder. The job can be physically demanding, but that doesn't mean that women are incapable.

Overall, welding is an artistic trade. I enjoy my job because at the end of the day I can look back and say, 'I built that.' But I'm no starving artist; I was able to walk away from my apprenticeship debt-free, with money in the bank. I am buying my first home this week!



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THE BASICS: Welder

\$51,193

\$51,193: Median salary of welders in Canada. An apprentice will start at a lower rate but gradually earn more as they pursue their journeyperson certification. Advanced welders can make upwards of \$85,000.

+5%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, academycanada.com, jobbank.gc.ca and ontonline.org.

HOW TO START

A combination of over three years of work experience and post-secondary certification is typically required to be considered a qualified welder in Canada. Students can fast-track into an apprenticeship following a one-year welding techniques certificate program; however, colleges with two-year welding technician or inspection programs also serve as a common route to employment.

WHERE YOU CAN GO

Certified welders can expect to find work in a number of environments, including paper mills, ship yards, steel fabrication shops, construction sites and refineries. The recent surge in urban construction has sparked a particular demand for workers who specialize in piping systems. Those with the capacity to work with high-tech welding applications and programmable electronic equipment may find more opportunities for speciality work and career advancement.

NEXT CAREER STEP

Since so many professional industries rely on welders, the trade promotes professional development in several ways. With experience, a certified welder may opt to become a welding inspector, underwater welder, shop supervisor or sole-proprietor. Accredited journeypersons may also qualify for the Red Seal endorsement, enabling workers to practice welding in any province.

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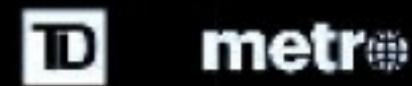
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JOHANNA SCHNELLER
WHAT I'M WATCHING

Women still can't get angry onscreen

THE SHOW: Full Frontal With Samantha Bee
THE MOMENT: The "righteous" anger

Less than 48 hours after the mass shooting in Orlando, Fla., that left 49 dead, host Sam Bee stands onstage, wearing a black leather jacket and vibrating with emotion. "The standard operating procedure is that you deliver some well-meaning words about how love wins," she says. "F—it. I am too angry for that."

She shows a clip of Florida Senator Marco Rubio. "This could have happened anywhere in the world," he says. "Unfortunately, today it was Orlando's turn."

"Orlando's turn?" Bee sputters. "Mass shootings are so normalized now that we're taking turns? ... Can't we get semi-automatic assault rifles out of the hands of civilians? ... The ones that mow down a room full of people in seconds? Yes, I do want to take those guns away."

The seven-minute monologue

immediately went viral. In the week since it aired, many hailed Bee as the necessary successor to Jon Stewart. Others called her "too angry." Interestingly, both groups used the same language: words like furious, blistering, visceral; phrases like "guttural scream" and "righteous rage." One commentator wrote that the monologue "broke open the idea that a person (especially a woman) cannot be emotional and analytical at the same time."

The reaction drives home the point that it's still taboo for a woman to show anger onscreen. Even in 2016, women are expected to accommodate, assuage, placate. Those who don't smile get accused of "resting bitch face." Bee proves that, of course, women can do anything, but the most subversive thing they can do is show anger.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



The reaction to Samantha Bee's recent monologue shows it's still taboo for a woman to show anger onscreen. GETTY IMAGES



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We love breakups because happy couples are boring

RELATIONSHIPS

For celebrities, splitting up can be a good career move

From Beyoncé turning a supposedly souring marriage into Lemonade to Michael Strahan making Kelly Ripa lose the will to live, the breakup business is booming in Hollywood.

Everywhere, it seems, stars are separating in slow-motion. Recently, we've seen the typical ruptured relationships (Taylor Swift and Calvin Harris, Demi Lovato and Wilmer Valderrama), professional partnerships gone sour (Castle's Nathan Fillion and Stana Katic, Strahan/Ripa) and bust-ups that blur the line between the two (Ozzy and Sharon Osbourne's crazy train finally pulling into the station). Even Marvel movies are obsessed with superheroes breaking up.

When it comes to separations, we're insatiable — and celebrities are onto us. Where once it seemed only fringe celebrities were willing to openly leverage personal stuff for publicity, now it seems even stars at the apex of the A-list feed fans a steady diet of dirt. Never before have famous people worked so hard to persuade us that their personal lives are just as disastrous as our own.

Consider Justin Bieber and Selena Gomez, whose January 2013 breakup inspired more



Beyoncé and Jay Z attend Game 6 of the 2016 NBA Finals between the Cleveland Cavaliers and the Golden State Warriors on Thursday in Cleveland, Ohio. JASON MILLER/GETTY IMAGES

hits than the Blue Jays bullpen. By what we're sure was a total coincidence, each ex released a chart-topping, heartbreak-laden album within a month of one another last fall and they dropped new videos within days of each other earlier this month.

All this feels intentional. But how much celebrity disclosure is personal and how much is strategic?

"As a publicist, my job is

to get and keep clients in the news so that they remain top of mind and relevant," said Ginger Bertrand, owner and principal publicist of Gab Communications, who has worked with Hugh Jackman and Mandy Moore.

Perhaps stability just bores us. Was anyone particularly stoked for the first Swift album crafted in domestic bliss, with songs (presumably) about Netflix binges and staying in

Saturdays? Remember how intolerable Jim and Pam became on *The Office*?

"Even in a TV series, they're going to kill off happy couples, divorce them or find a way to get you back in that compelling narrative," said Mount Saint Vincent University professor Robert Wade Kenny. "The media has a great interest in this because when couples are boring, the media is boring."

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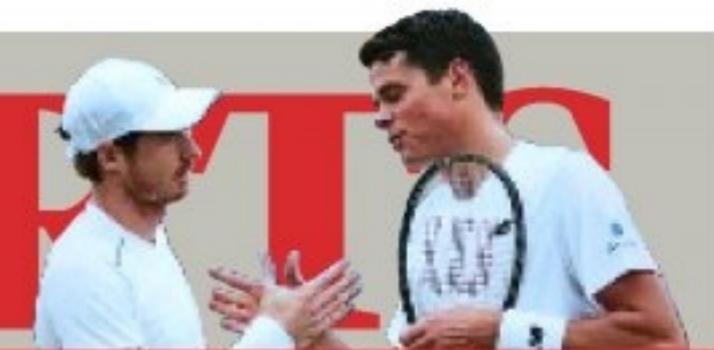
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Andy Murray claimed a record fifth title at Queen's Club Sunday as he recovered from a set and 3-0 down to beat Milos Raonic 6-7 (5), 6-4, 6-3



LeBron's legend taller than ever after Game 7



LeBron James lifts the Larry O'Brien Trophy on Sunday night in Oakland.

EZRA SHAW/GETTY IMAGES

HOCKEY NIGHT IN CANADA

Sources: Ron to swap back in for Strombo

George Stroumboulopoulos won't return as host of Hockey Night in Canada next season, sources tell *Torstar News Service*.

His replacement will be the man he replaced. Industry insiders say Ron MacLean is expected to return to the show's No. 1 seat just two seasons after Stroumboulopoulos was hired with much fanfare in the wake of Rogers' \$5.2-billion acquisition of NHL broadcasting rights. Prior to that, MacLean occupied



George Stroumboulopoulos
GETTY IMAGES

the job from 1986 until 2014.

The ouster of Stroumboulopoulos marks a strategic about-face for Rogers, which sublicenses Hockey Night in Canada to CBC.

Ron MacLean told the Canadian Press Sunday night that "nothing's official"

TORSTAR NEWS SERVICE/
THE CANADIAN PRESS

IN BRIEF

Stroman's struggles continue as Jays fall to O's

In a duel between prolific offensive teams, the Blue Jays were unable to overcome a disappointing outing for Marcus Stroman.

The Baltimore Orioles amassed a season-high 19 hits against Stroman and five relievers, and the Jays wasted homers by Troy Tulowitzki and Devon Travis in an 11-6 loss Sunday.

Stroman (6-3) gave up seven runs and 10 hits in 3-2/3 innings.

THE ASSOCIATED PRESS

NBA FINALS

Mr. Everything leads Cleveland to long-awaited championship

LeBron James and his relentless, never-count-them-out Cavaliers pulled off an improbable NBA Finals comeback, and Cleveland is title town again at long last.

James delivered on a promise from two years ago to bring a championship to his native northeast Ohio, and he and the Cavs became the first team to rally from a 3-1 finals deficit by beating the defending champion Golden State Warriors 93-89 on Sunday night to end a 52-year major sports championship drought in Cleveland.

James almost single-handedly carried the Cavs back into this series and finished with 27 points, 11 assists and 11 rebounds as the Cavs captured their first championship in franchise history and gave their city its first major sports winner since the Browns won the NFL title in 1964.

"CLEVELAND! This is for you!" James bellowed in his post-game interview before being announced as Finals MVP.

An emotional James fell to the floor when this one ended with a second win in six days on

GAME 7 IN OAKLAND



Golden State's imposing home floor. Only seconds earlier, he went down in pain with 10.6 seconds left after being fouled by Draymond Green while going for a dunk, then came back out to make the second of two free throws.

Kyrie Irving scored 26 points to cap his brilliant finals, including a three-pointer over MVP Stephen Curry with 53 seconds left.

Green had 32 points, 15 rebounds and nine assists, but the Warriors' record-setting season ended without the only prize this close-knit "Strength In Numbers" crew cared about from way back in the beginning — through the record 24-0 start as Coach of the Year Steve Kerr was out, Curry's second consecutive MVP campaign, and the 73 regular-season wins to break the 1995-96 Chicago Bulls' mark.

They might always be remembered as one of the best teams ever that couldn't close it out.

THE ASSOCIATED PRESS

U.S. OPEN

Dustin has day in the sun

Dustin Johnson settled the score Sunday in the U.S. Open.

Johnson atoned for his past mishaps in the majors by showing he had the smarts to handle the toughest test in golf, even while playing the final two hours without knowing where he stood when the USGA questioned whether he should be penalized one stroke for his ball moving on the fifth green.

Johnson said it didn't. The USGA said it would wait until after the round to decide.

America's most powerful golfer **Dustin Johnson** took matters into his own hands at Oakmont, capping off a chaotic and confusing final round by stuffing his approach into five feet for a birdie that made the penalty a moot point.

The USGA ended up penalizing him, turning that 68 into a 1-under 69. The score was irrelevant. He won by three shots.

Finally, he's a major winner. Johnson scooped up 18-month son Tatum into his arms on Father's Day and raised the silver trophy for all to see.

"I've been here a bunch of times and haven't quite got it done," Johnson said. "But today, I did. And it feels really good."

He saluted a Pittsburgh crowd that was on his side even amid all the uncertainty. The grandstands were raucous, with one fan shouting, "What's the call, USGA?" At the trophy presentation, when Fox Sports announcer Joe Buck brought up the penalty situation, the crowd booed.

"I just tried to focus on what I was doing, not worrying about the penalty stroke," Johnson said. "Just playing golf from here to the house."

He slammed the door at the end — a 10-foot par save on the 16th hole to keep his lead at two shots, a solid par on the 17th as Shane Lowry was self-destructing behind him, and a shot into the 18th that plopped down near the pin and settled five feet away for birdie.

"Might be one of the best shots I've ever hit under the circumstances," Johnson said.

He finished at 4-under 276, the lowest winning score in nine U.S. Opens at Oakmont.

THE ASSOCIATED PRESS

NASCAR

Hornish down to business at Xfinity

Sam Hornish Jr. won three IndyCar championships and an Indianapolis 500 before fading into obscurity as a NASCAR driver.

Sunday's win in Iowa will undoubtedly rank among his most memorable moments.

Hornish, just six days after accepting an offer to race for the first time in 2016 in the vaunted No. 18 car for Joe Gibbs Racing, led 183 of 250 laps for a dominant win at the NASCAR Xfinity race at Iowa Speedway.

Hornish picked up his first

win in two years, which also came at Iowa's 0.875-mile oval. But Sunday was the first time Hornish's three children were able to see him win, fittingly on Father's Day.

"I can't tell you what this means to me. I worked so hard to try to get a win when I had my kids here," Hornish said.

THE ASSOCIATED PRESS



Sam Hornish Jr.
GETTY IMAGES

Historic win keeps Albanian hopes alive

EURO 2016 GROUP STAGE

First major victory may see minnows make the last 16

It's going to be a long three days for Albania as the small Balkan country waits to find out if it's to qualify for the knockout stages of the European Championship.

Albania kept its hopes of qualifying for the round of 16 alive with a 1-0 victory over Romania on Sunday, a result that

eliminated its opponent.

The result meant Albania, playing in its first major tournament, went above Romania in the group rankings into third place with three points, and still in with a chance to make the round of 16. Armando Sadiku scored the sole goal in the match and Albania's first in an international competition in the 43rd minute with a header.

"It was historical for us to reach the European Championship's final stages, and finally we have won the three points," Albania centre back Arlind Ajeti said via a translator. "We have made history."

GROUP A In Lyon



Ajeti and the Albania team will have to wait until the group stage of Euro 2016 finishes on Wednesday before it finds out whether it will be one of the four third-place teams to make it through to the next round. Albania's future in the

competition depends on what happens over the coming days but coach Giovanni De Biasi said his team will be preparing as though it has a match to play either on Friday or Saturday.

"If we stay in the tournament we will be trouble to other teams," he said via a translator.

In Paris, France and Switzerland settled for a 0-0 draw.

France was the stronger side and squandered several scoring chances, which it also did against Romania and Albania.

The result ended up suiting both, with France taking first place in Group A and the Swiss advancing in second place.

THE ASSOCIATED PRESS



Armando Sadiku scored Albania's first-ever European Championship final goal on Sunday against Romania. JEFF PACHOUD/AFP/GETTY IMAGES

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RECIPE Slow Cooker Pulled Pork

Ceri Marsh & Laura Keogh
For Metro Canada

Don't put your slow cooker away for the summer — nothing keeps your kitchen cooler. This recipe yields enough pork for two dinners. Read tomorrow for the follow-up recipe!

Ready in

Prep time: 30 minutes
Cook time: 8 hours 30 minutes
Makes 8 to 10 servings

Ingredients

- 13 to 4lb. boneless pork shoulder blade roast
- ½ cup brown sugar
- 4 tsp salt
- 4 tsp chili powder
- 2 tsp dried mustard powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp ground black pepper
- ½ tsp cinnamon
- ¼ tsp ground nutmeg
- 2 tsp vegetable oil
- ½ cup apple cider vinegar
- ½ cup orange juice
- 3 Tbsp tomato paste
- 6 brioche buns

Directions

1. In a small bowl, combine 2 Tbsp of brown sugar, salt, chili

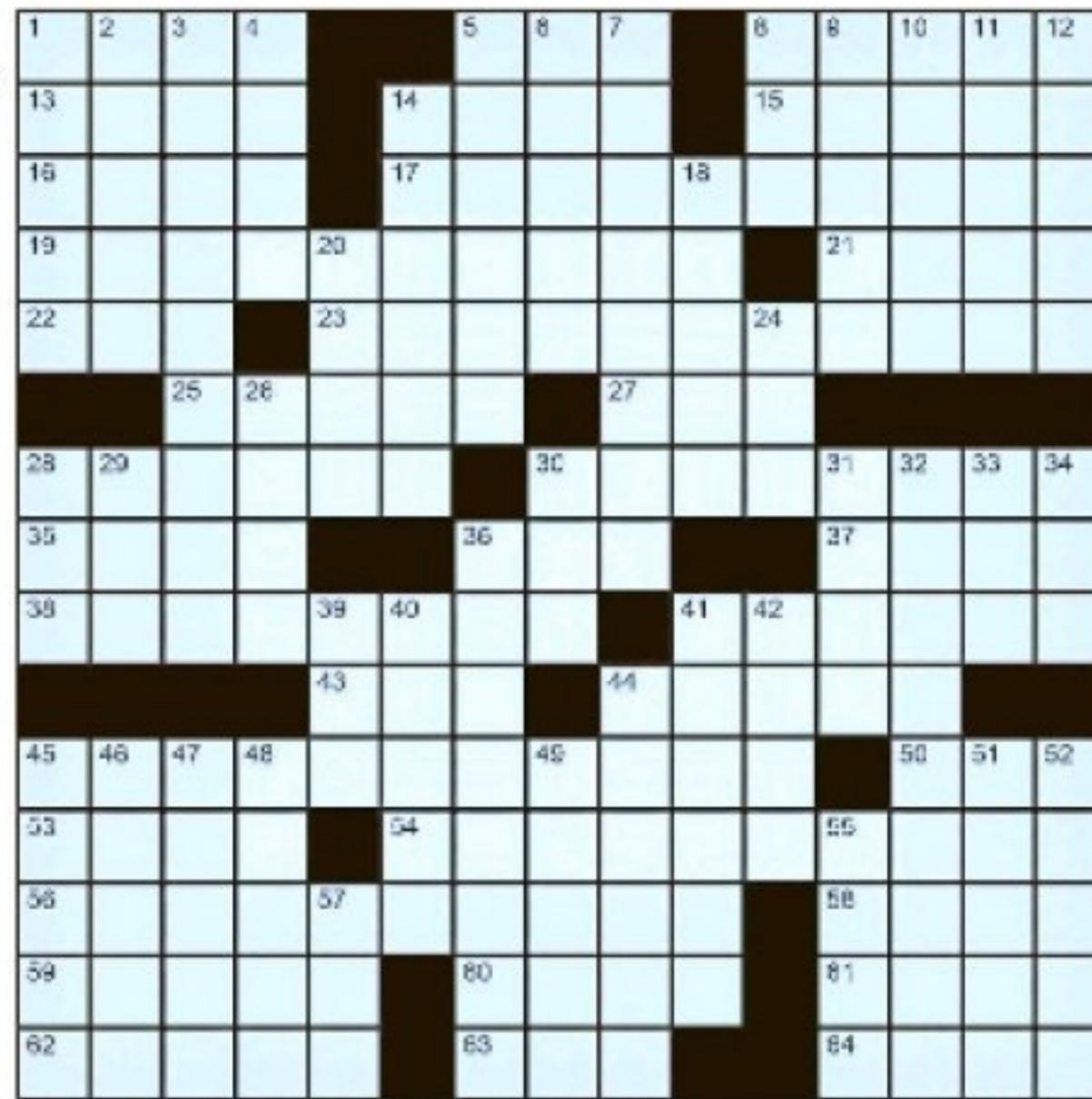
powder, dried mustard powder, cumin, garlic powder, black pepper, cinnamon and nutmeg. Rub the spice mix over the pork.

2. Heat the vegetable oil in a large skillet over medium heat; add the pork and brown all sides for about 10 minutes. Remove the pork from the skillet and set aside on a plate.
3. Add 3/4 cup (185 ml) water to the skillet and whisk into the drippings. Transfer the liquid from the pan into your slow cooker. Add the vinegar, juice, tomato paste and remaining 2 Tbsp (30 ml) of brown sugar to the slow cooker and whisk. Add the pork and cover, cook on low for 8 hours.
4. If the liquid does not fully cover your shoulder you'll need to turn it at the half way point. Remove the pork and transfer to a cutting board. Pour the liquid into a Dutch oven over low heat to keep it warm.
5. Shred the pork, using two forks, or roughly chop. Add the shredded meat to the Dutch oven and combine with sauce. Taste and season with salt.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. Caesar's 202
5. "Meatballs" (1979) star ...his initials-sharers
8. Visibly stunned
13. Vases
14. __ du jour (Dish of the day)
15. Frasier's TV brother
16. Amble
17. Canoe stabilizers in Hawaii
19. BeaverTail or Nanaimo Bar: 2 wds.
21. Cafe au __
22. 'Mountain' suffix
23. It's new and is regarded as one of the top courses in the world by #54-Across: 2 wds.
25. Tidies, say
27. Even if, briefly
28. City in California
30. One of Canada's acting Ryans
35. Celebration
36. Scam
37. Additional
38. Tackle box item
41. Serious Skincare entrepreneur, Jennifer __ (Sylvester Stallone's wife)
43. Popular tree
44. __ with nature
45. Molson Canadian: 3 wds.
50. Actress Ms. Ling
53. Architect Mr. Saarinen
54. Game on the green publication: 2 wds.
56. Television spot, often: 2 wds.
58. Irish souvenir
59. John Keats, for one
60. Weight allowance
61. Ancient Dead Sea land
62. Mr. Autry's
63. Canonized Mlle.
64. Ballpark figs.
65. Robert Frost poem, San __ Treader
66. Font flourish
67. Dorothy __ (Canadian to whom Bryan Adams' song "The Best Was Yet to Come" is dedicated)
68. Director Mr. Lee
69. Jennifer movie of 2003
70. Must scratch, must scratch...
71. Our na...

**DOWN**

1. Hex

6. California city, San __

7. Dorothy __ (Canadian to whom Bryan Adams' song "The Best Was Yet to Come" is dedicated)

8. Director Mr. Lee

9. Jennifer movie of 2003

10. Robert Frost poem, San __ Treader

11. Font flourish

12. "Hey there..." library sounds

14. __ salad (Picnic dish)

18. Must scratch, must scratch...

20. Our na...

24. Half of England's cap.

26. Bible book, e.g.

28. Tripled letter meaning 'really loud' in music

29. 1989 David Byrne album: ' __ Momo'

30. Seoul's locale [acronym]

31. Its capital is Muscat

32. Hippy's necklaces: 2 wds.

33. Soft & __ (Antiperspirant brand)

34. Ott. hockey player

36. Consoles

39. She'd opposite 40.

Branch of knowledge suffix

41. Dog sniffing the kibble bag meaning: 2 wds.

42. Ms. Loughlin

44. Earlier

45. Obscure

46. Writer Charles' bookish surname

47. Mr. Shimerman of "Star Trek: Deep Space Nine"

48. Racket

49. Puffiness

51. Tie type

52. List components

55. Lea Michele's old show

57. Fire dept. ranks

***IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's impossible to meet the demands of home and family as well as the demands of your job and your career today because of the Full Moon. Just cope as best you can.

Taurus April 21 - May 21
This is an accident-prone day for your sign because of the high emotions due to the Full Moon today. The key to avoiding an accident is to stay mellow and calm.

Gemini May 22 - June 21
Disputes about money, shared property and inheritances might arise today. Wait a few days, and this conflict will diminish considerably. (Full Moon today.)

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is why relations with partners and close friends are so testy and challenging! Mum's the word.

Leo July 24 - Aug. 23
Be easygoing and understanding with co-workers today, because today's Full Moon energy puts everyone on edge. A little patience can go a long way.

Virgo Aug. 24 - Sept. 23
Parents should be patient with their kids today because of the Full Moon energy. Meanwhile, this same advice applies to romantic partners. Oh yeah.

Libra Sept. 24 - Oct. 23
A family member might make demands on your time today; nevertheless, you have to focus on work. This is a tough choice, and you have to make it.

Scorpio Oct. 24 - Nov. 22
Travel plans might be stressed. People are on edge because of the Full Moon today. Avoid controversial subjects like politics, religion and racial issues.

Sagittarius Nov. 23 - Dec. 21
This is not a good day to address financial disputes or arguments about inheritances and shared property. Wait until the Full Moon is over. (Even tomorrow is a better day.)

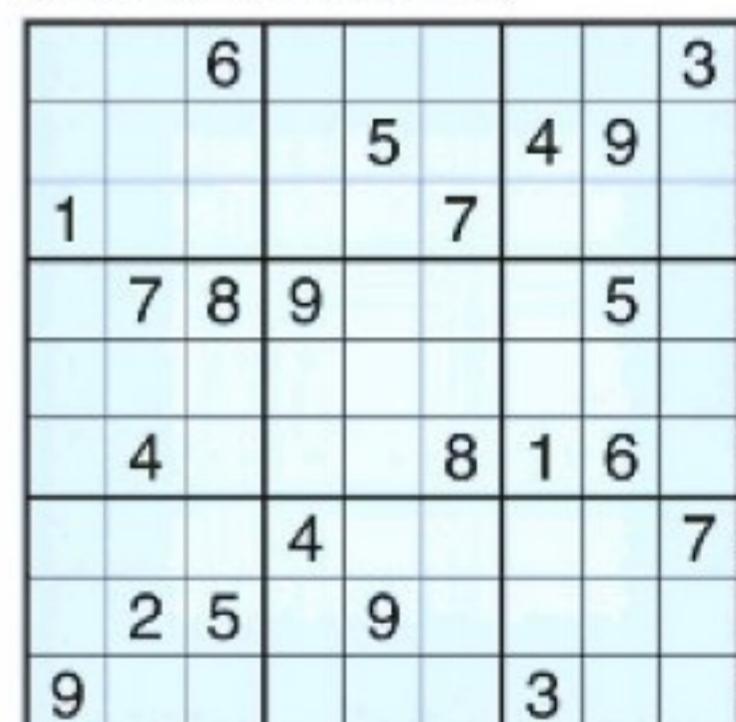
Capricorn Dec. 22 - Jan. 20
Today the only Full Moon in your sign all year is taking place. This is why you feel so much emotion within you! Take caution about overreacting with others.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and clients today, because everyone can feel the Full Moon energy. Tomorrow is a much easier day. Just coast today.

Pisces Feb. 20 - March 20
Romantic partners might be at odds today because of the Full Moon energy. However, even friends might have disputes. Stay mellow, because this is so temporary.

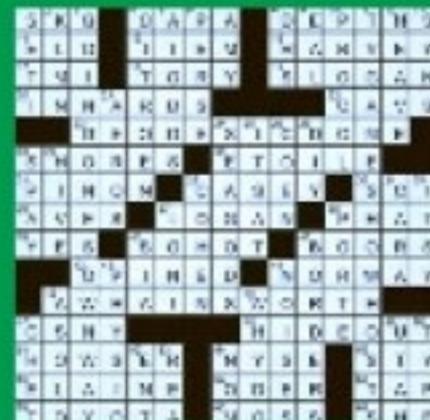
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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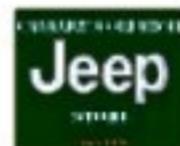
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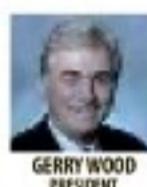
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